

**CLAIMS:**

1. A trampoline including  
a flexible mat,
- 5 a plurality of resiliently flexible rods each having a lower end retained in a frame of the trampoline and an upper end coupled to the periphery of the flexible mat, and  
a region of contrasting colour to the colour of mat about a peripheral portion of the mat at or adjacent the peripheral edge of the mat.
- 10 2. A trampoline according to claim 1 wherein the mat is a relatively darker colour and said region of contrasting colour is a relatively lighter colour.
- 15 3. A trampoline according to claim 2 wherein said region of contrasting colour includes a substantially continuous line around said peripheral edge portion of the mat.
4. A trampoline according to claim 3 wherein said region of contrasting colour includes a multiple number of substantially continuous lines around said peripheral edge portion of the mat.
- 20 5. A trampoline according to claim 4 wherein said lines are concentric.
6. A trampoline according to claim 3 wherein said line is a zig-zag line around said peripheral edge portion of the mat.
- 25 7. A trampoline according to claim 3 wherein said line is an approximately sinusoidal line about said peripheral edge portion of the mat.
8. A trampoline according to claim 1 wherein said region of contrasting colour is  
30 an iridescent, fluorescent, or reflective colour.

9. A trampoline according to claim 2 wherein said region of contrasting colour is formed of a different material to the mat, fixed to the upper surface of the mat.

10. A trampoline according to claim 3 wherein said region of contrasting colour is 5 formed of a different material to the mat, fixed to the upper surface of the mat.

11. A trampoline according to claim 2 wherein said region of contrasting colour includes a series of discrete non-continuous areas of contrasting colour spaced around said peripheral edge portion of the mat.

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12. A trampoline according to claim 11 wherein said discrete areas of contrasting colour are formed of a different material to the mat, fixed to the upper surface of the mat.

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13. A trampoline according to claim 2 wherein said region of contrasting colour is painted onto the peripheral portion of the mat.

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14. A trampoline according to claim 2 wherein said region of contrasting colour is formed by elements of contrasting colour woven into the material from which the mat is formed.

15 A trampoline including

a flexible mat

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a plurality of resiliently flexible rods each having a lower end retained in a frame of the trampoline and an upper end coupled to the periphery of the flexible mat, and

one or more substantially continuous lengths of high visibility material fixed to the top surface of the mat about the periphery of the mat.

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16. A trampoline including

a flexible mat

a plurality of resiliently flexible rods each having a lower end retained in a frame of the trampoline and an upper end coupled to the periphery of the flexible mat, and

a region of high visibility colour about the periphery of the mat.